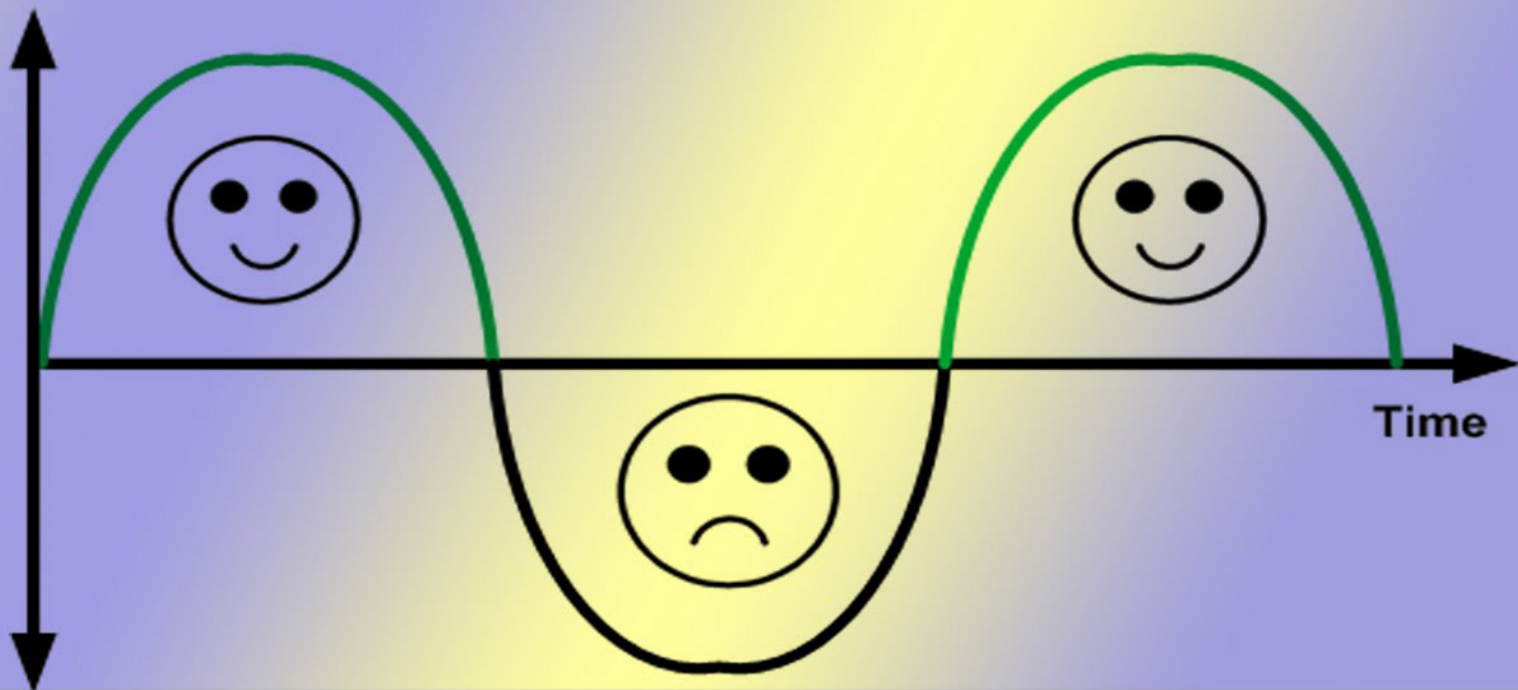


# Creek Cares

**ISSUE 02:** A publication by the  
Health Ministry Department of  
the Apple Creek Seventh-day  
Adventist Church

## WHAT IS LIFE?



A road of happiness or sorrow

*“A knowledge of the truth depends not so much upon strength of intellect as upon pureness of purpose, the simplicity of an earnest, dependent faith.”*

*Ellen G White*

**2022**

# Life is a gift



**LIFE IS BASED ON REALITY, NOT ON FEELINGS. THE REALITY THAT YOU ARE SPECIAL AND HAVE SELF WORTH MAKES LIFE A WHOLE LOT BETTER.**

*by Glen Roberts RN, BScN, MMI*

*Adapted from an original musical album, dubbed The Great Life by Rolf Cedeno & Wainwright Phillip, 1978, recorded in Trinidad & Tobago*

Life is a gift that is based on reality, not on feelings. Love binds that structure with Christ as the central pillar on which everything rests.

Man, you are the prize of God's creation, your body is graceful, comprising of 100 organs, 200 bones, 600 muscles and trillions of cells.

In life we experience suffering, pain, anxiety, fear and doubt. A road of either happiness or sorrow but more commonly a mixture of both, all of which can be or would be solved by the love

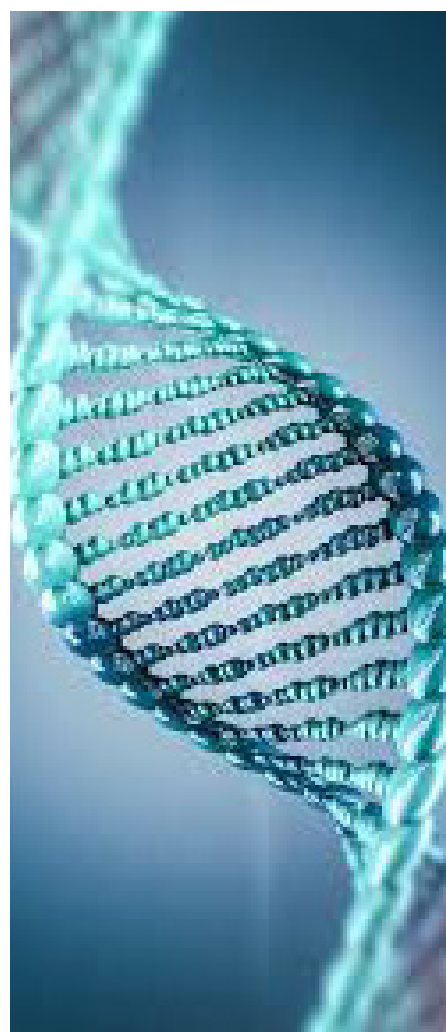
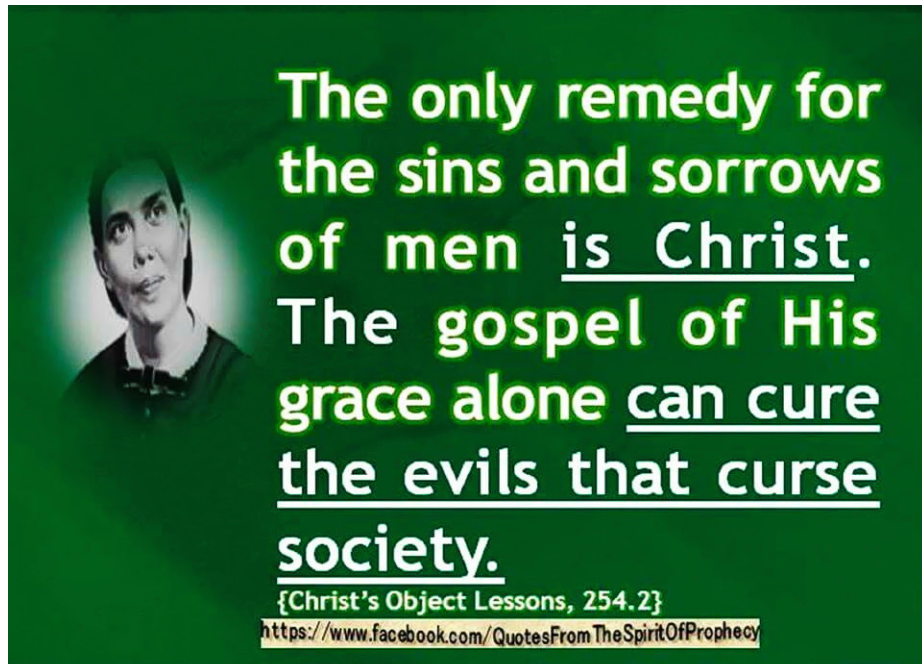
that Christ offers freely

The Bible is replete with instances of the changes God's love brings. Perusal of its pages shows overwhelming evidence of those significant changes

It is noted that a loser became a winner, a fearful became a hero, a beggar became a prince, an unqualified became qualified to share in the inheritance of the saints, hope, love, peace, strength, fellowship and comfort all bear witness of the changes God's love brings.



# A life of purpose



A life of true greatness is not found in the possession of great wealth, or the accolades from the halls of higher learning or even a high score on the popularity quotient.

True greatness is found only in moral worth, love and purity.

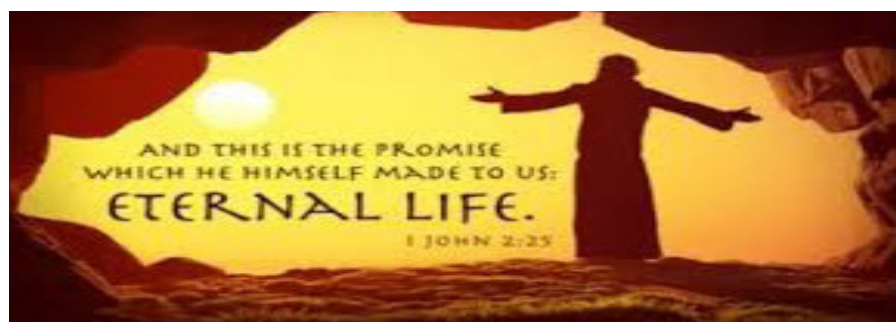
The challenges and problems of life may give rise to the feelings of doubt and despair which could ultimately question your very existence on this planet.

My friend, your life is a gift from

God, and you are designed with unending possibilities.

The love of God is the cure for all of life's challenges, problems, illnesses and even addictions.

You need help, you need a cure, may I point you to the Scriptures, The Holy Bible, therein you will obtain the "medicine" for the cure, there you would find words fit for a king, and wisdom which would make you more than conquerors. Live the Great Life in Christ



# Your Mental Health

## Mental Outlook Self Scoring Assessment

**Instructions:** For each question, mark one response that most typically describes how you think or feel.

	Fully agree	Partially agree	Don't agree
1. I expect much from life.	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
2. I do not look forward to what lies ahead of me in the years to come.	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
3. My days seem to pass slowly.	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
4. My life is full of plans.	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
5. I expect things to work out well for me.	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
6. I blame myself if things go wrong.	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
7. I believe that something positive can be found in most negative situations.	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
8. I see change in life as difficult and annoying.	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
9. I see change as opportunity for growth and improvement.	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0

**Scoring.** Add the small number on the right side of each answer you marked. The total number is your Optimism Score. Mark your score with an 'X' on the scale below.

### Optimism scale



### Interpreting Your Score

- Scores of 0 - 9 Indicates low optimism – increases risk of cardiovascular disease.
- Scores of 10 - 16 Indicates moderate optimism – moderate increased risk.
- Scores of 17 - 18 Indicates optimism – protects against risk of cardiovascular disease.

Research shows that optimistic people have less cardiovascular disease and cope better with life than those whose outlook is predominantly pessimistic. A positive, hopeful outlook promotes both physical and emotional health, and prolongs life! See the reverse side for additional information on optimism and health.

*Based on the following research: Giltay EJ, et al. Archives of Internal Medicine. February 27, 2006.*

**For more information on improving your mental outlook, please see the following page.**



# Optimism promotes **HEALTH**

*If you can imagine it, you can achieve it. If you can dream it, you can become it.*

William Arthur Ward

## Two Ways of Approaching Life

### One sees life as full of opportunities.

- You are full of hope and expect good things to happen.
- If something does go wrong, it's not your fault, and it will get better.
- Problems are challenges to work on until they get solved.
- Defeat is just a temporary setback.

This outlook on life is called **optimism**. Optimists tend to be happier, cope better with life, do better in work and sports, are less depressed, generally have better health, age well, and live longer.

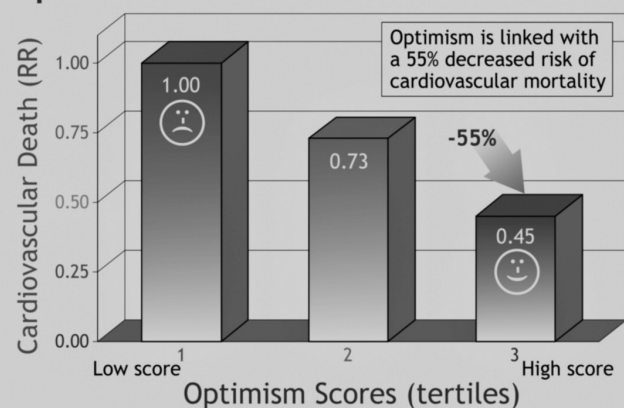
### Others see life through a different set of glasses.

- Life is full of problems and they expect bad things to happen.
- Defeat or failure is a major setback.
- They tend to give up and feel helpless rather than continuing to solve problems.

This is a **pessimistic** outlook. It undermines everything a person does and erodes self-confidence, happiness, hope, and even physical health. A pessimistic outlook seems to be self-fulfilling. What can go wrong, will and it is their fault and it will likely get worse.

Recent research shows that pessimists are significantly more likely to suffer a heart attack or stroke (see chart below) than optimists.<sup>3</sup> Other research shows that optimists have an increased life expectancy. How we see and react to life has consequences.

## Optimism and Cardiovascular Disease



## How to Become More Optimistic

You can always change the way you think but it requires effort and a willingness to change. Use these techniques to become more optimistic in your thinking.

1. **Identify your negative thoughts and beliefs.** This could include things like arguments with a friend or being disciplined by a supervisor. Talk to yourself about the situations and challenges in your life. Look for ways to overcome setbacks, solve problems, and carry on.
2. **Write down your negative feelings and how you have responded to negative situations.** Then look for ways to deal with those feelings and responses. What can you do that would lead to a solution? Make a list of possibilities.
3. **Tell yourself that setbacks are temporary.** You can overcome your 'failures.' Then, set out to do just that. Will it always work? Probably not, but if you never try you can't succeed – ever.
4. **Be aware of exaggerated thinking.** When you think of things that include 'always' and 'never' as negative statements, stop and look at what you're saying and rephrase it in a way that acknowledges the possibility of change or improvement. Is it realistic to believe that something will always be impossible?
5. **Be hopeful.** Life isn't always fair but you can control and influence many parts of your life.
6. **Be realistic.** Bad things can happen to good people, but you're not necessarily the cause. You won't always be successful, but keep trying. You can help in creating positive outcomes.
7. **Don't blame yourself for everything.** It's not productive.
8. **Get regular, physical activity.** It improves mood and helps build courage and self-confidence.
9. **Take control of your life.** You are not helpless. You can take actions to make life better. Get help from knowledgeable people and counselors that can help you achieve your life goals.

1. Seligman MEP. *Learned Optimism: How to Change Your Mind and Life*. Picket Books: New York, NY. 1990, 1998.
2. *Psychosomatic Medicine*. November/December 2001.
3. Giltay EJ et al. *Archives of Internal Medicine*. February 27, 2006.



## MEAT SUBSTITUTES

**Legumes**, beans, peas, and lentils are an all-natural, high-fiber protein source that can easily be used as the main course or in place of meat in recipes.

**Vegetarian burgers**, made from a variety of plant foods including vegetables, grains, and soy, provide a meat-like taste and texture and can substitute for ground meat.

**Tempeh**, made from fermented soybeans, has a distinct flavor and meaty texture that can be used in place of ground meat and works well in curries, chilis, and stir-fries.

**Seitan**, made from wheat gluten, is well-suited for shaping into roasts or for replacing strips or chunks of meat in recipes such as fajitas, stews, or stir-fries.

**Portobello mushrooms** have a savory flavor for filling a meat layer in a dish or as "burgers" at your next barbecue, especially after marinating in low-fat dressing and then grilling or heating in a frying pan.

**Tofu**, a curd made from soybeans, is mild in taste and easily absorbs the flavor of any recipe. Soft tofu works well in soups, sauces, and desserts, and firmer varieties work well in stir-fries and other recipes requiring tofu to hold its shape. For a denser texture, freeze tofu, thaw, and squeeze out excess water before using it in your recipe.

**Textured vegetable protein (TVP)**, made of defatted soybeans, provides a substitute for ground meat.

## OIL ALTERNATIVES

**Sautéing:** Water or vegetable broth.

**Baking:** Applesauce, or low-fat liquids such as plant milk or water.

## EGG SUBSTITUTES

*One egg is equal to:*

1/4 cup silken tofu blended

1/2 mashed banana

1/4 cup applesauce or pureed fruit

1/2 cup soy or rice yogurt

1 1/2 tsp. of Ener-G Foods Egg Replacer +  
2 tbsp. lukewarm water

1 tbsp. ground flaxseed meal + 3 tbsp. water + 1 tbsp.  
oil + 1 tsp. baking powder + 1 tsp. potato  
or cornstarch

1/4 cup mashed white potatoes or sweet potatoes

2 tbsp. potato starch, cornstarch, or arrowroot

2-3 tbsp. tomato paste

1/4 cup cooked oats

2-3 tbsp. bread crumbs

2-3 tbsp. flour

1 tsp. baking powder

## DAIRY ALTERNATIVES

**Milk:** Equal portion of almond, oat, soy-, hazelnut, or rice milk.

**Creams:** Almond milk (or any nut milk), soymilk, coconut milk, mashed potato, pureed garbanzo beans, pureed tofu, soy sour cream, soy whipping cream, or soy creamer.

**Parmesan cheese:** Nutritional yeast, garlic powder, and/or chopped walnuts or almonds.

**Cheese:** Soy-, rice-, nut-based cheese alternatives, or nutritional yeast.

**Butter:** Dairy-free non-hydrogenated margarine for cooking, baking, or spreading. Some good brands include Earth Balance and Spectrum.

**Ricotta cheese:** Firm tofu, drained, and crumbled.

# Ventilators and COVID-19

## The use of Ventilators in COVID-19

*Elaine Walker-Esson*



(Ventilators provide mechanical ventilation which is an artificial form of breathing)

“And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.” Genesis 2:7. Although artificial ventilation can be traced back to the beginning of the human race, the use of

mechanical ventilation did not come into use until the early 18th century. Many years of continuous improvement in the design of ventilators and advanced medical knowledge on how to use them effectively and efficiently, have led to significant improvement in the survival rate of patients on ventilator support.

As Covid-19 ravages the world,

the use of ventilators has taken the spotlight and become a top priority for healthcare workers, in an effort to keep patients who are struggling to breathe alive. Ventilators are used as a last resort when the lungs cannot, on their own supply enough oxygen to the body. In addition to oxygenation, ventilators also provide the body time to rest when the patient has difficulty



Ventilators are usually used in the intensive care unit (ICU) of the hospital and managed by specialized medical professionals. Before a patient is put on a ventilator general anesthesia (medication given to become unconscious) is administered. A trained medical professional then inserts a tube into the trachea (windpipe) via the mouth or nose. This process is called intubation. The tube is connected to an external machine (ventilator) which blows oxygenated air into the lungs. The critical care doctor will set the ventilator to help with some or all of the breathing, depending on the patient's condition. The doctor may also use the ventilator to hold the lungs open in an effort to prevent the air sacs from collapsing.

While on the ventilator, the patient is monitored and cared for by highly trained critical care professionals. Regular assessment of the patient is done. There is continuous monitoring of the patient oxygen saturation (oxygen in the blood), blood pressure, and heart and respiratory rates. Various tests are done on a regular basis to identify any changes in the patient's condition. These tests include x-rays, complete blood count (CBC), and blood gases (measure oxygen and carbon dioxide levels in blood). Depending on the results of these tests, patient treatment is adjusted to ensure maximum care. Ventilators are equipped with highly sensitive alarm system which is set to alarm whenever there are any changes in the patient's condition.

breathing, allow doctors to easily remove secretions from the lungs, and assist in the direct delivery of medications to the respiratory system. Ventilators do not cure illness. They pump oxygenated air into patients' airway when lung function is severely impaired as in the case of some COVID-19 infection and patients are unable to breathe adequately on their own.

The first case of COVID-19 was reported December 1, 2019 and in January of 2020 the first case of COVID-19 was reported in North America. The coronavirus that causes COVID-19 was new to researchers and much was not known about it. Researchers are still learning about and trying to understand COVID-19. What we do know, however, is that many who are infected with the coronavirus complain of fever, cough, sore throat, among other symptoms. When the body's immune system fails to fight

off the infection, it can travel to the lungs and result in acute respiratory distress syndrome (ARDS) which can be fatal. In ARDS, the ability of the lungs to deliver adequate oxygen to vital organs is greatly diminished because the alveoli (air sacs in lungs that allow gas exchange) are filled with fluid. In severe cases, portions of the lungs are rendered unusable, this makes it difficult for the patient to breathe, therefore necessitate the need for a ventilator.

In a healthy person and under normal circumstances a breath expands the chest wall which creates a negative pressure (a vacuum) inside the lungs and this allows air to be drawn in. Someone who is affected by the coronavirus that has severely impaired the lungs is unable to draw air in on his own, therefore a ventilator is required to create that positive pressure to force air into the lungs.





It's the ideal situation to have a ventilated patient awake and calm, however, many patients are lightly sedated for comfort and to prevent self-harm- especially if they are confused. Some patients may have to be heavily sedated in order to protect their lungs and allow time to heal.

COVID-19 has been around for well over a year and thousands of patients have been treated. As time goes by and doctors gain more experience, they realize that patients on ventilators respond better to treatment when put to lie on their stomachs. This is referred to as prone positioning or proning. Doctors notice that this significantly improves the patient oxygenation status. They attribute this to the fact that lying on your stomach allows you to use up parts of your lungs that would otherwise not be used,

when lying on your back. Also pressure from the heart and diaphragm on the lungs is reduced when lying on the stomach.

The length of time a patient stay on the ventilator depends on the patient's condition. Some may require just a few hours, others may need one to three weeks, and in some cases a patient may need to be on the ventilator for extended period of time. As the patient condition improves he is gradually weaned off the ventilator. When the patient is able to breathe spontaneously on his own, he is taken off the ventilator.

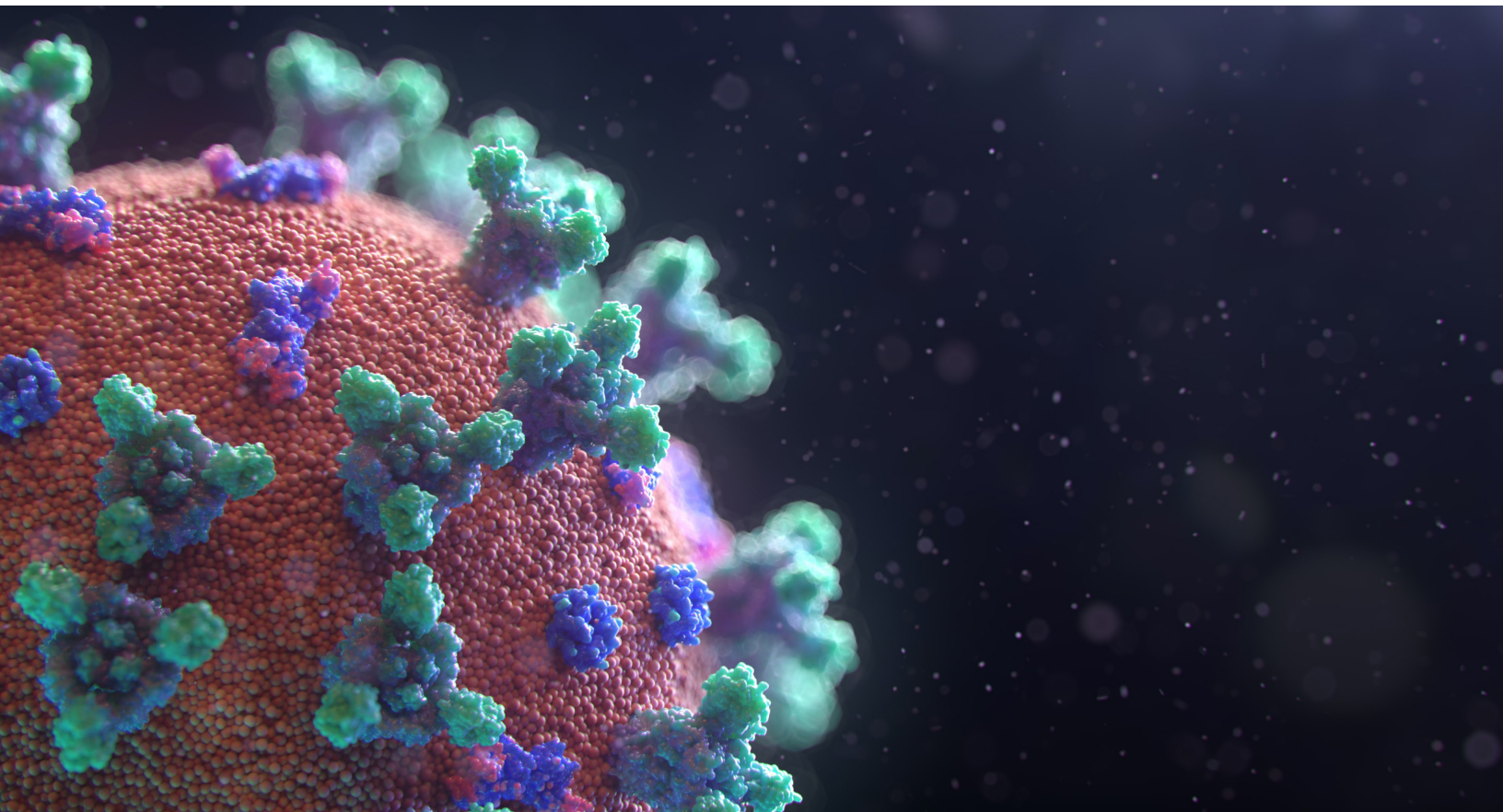
While placing a patient on a ventilator may be a life saver, it does come with some amount of risks, because it's not the norm to have air forced into the lungs. For this reason, critical

care doctors are well trained on the proper use of a ventilator, so that they can provide the best possible care to a patient on the ventilator, while reducing harm.

Despite the risks and myths surrounding ventilators, "ventilators can be life-saving and, indeed, many of those who've survived severe cases of COVID-19 would be unlikely to have made it without one." (Carrie Macmillan, June2, 2020)

*Sources: TIME by Alejandro De La Garza, April 7, 2020*

*Yale Medicine by Carrie Macmillan, June2, 2020*



# Tofu and vegetable stir fry

The ginger and sesame flavour of this stir-fry will work well with a variety of vegetables.



Vegetarian



30 mins or less



Freezer friendly



**PREP TIME**  
10 min



**COOK TIME**  
15 min



**SERVINGS**  
4

## Ingredients

- 1 package (350 g) extra firm tofu
- 5 mL (1 tsp) ground ginger
- 2 mL (½ tsp) curry powder
- Pinch fresh ground pepper
- 10 mL (2 tsp) sesame oil
- 1 onion, sliced
- 2 cloves garlic, minced
- 1 L (4 cups) fresh or frozen cut vegetables
- 175 mL (¾ cup) no salt added vegetable broth
- 15 mL (1 tbsp) hoisin sauce
- 5 mL (1 tsp) cornstarch
- 5 mL (1 tsp) sesame seeds, toasted (optional)

## Directions

1. On a cutting board, cut tofu into cubes. Toss cubed tofu with ginger, curry and pepper in a bowl.
2. In a nonstick skillet, heat oil and brown tofu. Remove to plate. Spray skillet with cooking spray and return to medium heat. Cook onion and garlic for 2 minutes to start softening. Add vegetables.
3. In a small bowl, whisk together broth, hoisin and cornstarch. Pour into skillet and bring to a simmer. Cover and cook for about 5 minutes. Add tofu back to skillet and stir to coat well.
4. Sprinkle with sesame seeds before serving, if using. Enjoy this over cooked brown rice noodles.

## Tips

- ✓ Use **pre-cut vegetables** as a shortcut for speedy suppers. Don't forget frozen as an option, you can always have a bag in the freezer and measure out what you need to make a quick meal.
- ✓ Experiment with **different vegetable combinations** by using your favorite fresh or frozen veggies.
- ✓ Get your **little chefs** to help you pick the vegetables to go in the stir-fry. The more involved they are, the more likely they will eat it!
- ✓ Looking for another protein food choice? Use leftover **cooked chicken** instead of tofu for an easy substitution.

Recipe developed by Emily Richards, P.H. EC for the Heart and Stroke Foundation.  
Reproduced with permission from the Heart and Stroke Foundation of Canada.

™ The heart and / icon on its own and the heart and / icon followed by another icon or words are trademarks of the Heart and Stroke Foundation of Canada used under license.



Health  
Canada

Santé  
Canada







# Vegetable Quinoa Salad

Quinoa is an ancient grain from South America that is considered a complete protein. It can be used in any recipe in which you would use rice and can be served hot or cold. It is easy to cook.

1 cup	quinoa, well rinsed and drained	250ml
2 cups	cold water	500ml
2	tomatoes, chopped	2
2	large sprigs Italian (flat-leaf) Parsley (leaves only), chopped	2
¼	English cucumber, chopped	¼
1/3 cup	chopped red, green, yellow, or Mixed bell peppers	75mL

## Vinaigrette

3 tbsp	extra-virgin olive oil	45 mL
2 tbsp	freshly squeezed lemon juice	25 mL
1 ½ tsp	hot pepper flakes (optional)	7 mL
½ tsp	salt	2 mL
½ tsp	freshly ground black pepper	2 mL

In a medium saucepan over medium heat, bring quinoa and water to a boil. Reduce heat and boil gently for 10 to 15 minutes, or until the white germ separates from the seed; cover, remove from heat, and let stand for 5 minutes. Remove lid, let cool and fluff with a fork.

Meanwhile, in a large bowl combine tomatoes, parsley, cucumber, and bell peppers. Stir in cooled quinoa.

Prepare the vinaigrette: In a small bowl, whisk together olive oil, lemon juice, hot pepper flakes (if using), salt and pepper.

Pour vinaigrette over salad and toss to coat.

Make 10 servings.

Text copyright 2007 Dietitians of Canada Simply Great Food.

# “Avoid Colds & Flus Naturally” Seminar

## **Steamed Garlic**

Separate cloves from garlic bulb and steam 10 minutes over slowly boiling water. Pinch cloves to remove skins.

Eat as is or mash and add salt for a spread.

Broccoli

Rinse fresh broccoli and cut florets off of stems. May peel and cut up stems into small pieces.

Steam over slowly boiling water about 5 minutes, being sure to remove cover briefly about 3x to release the gases that cause broccoli to turn dark.

Mix with salt and lemon juice.

Optional: Serve with Cashew Pimento Sauce.

## **Sweet Potatoes or Winter Squash**

Bake in skin at 400° for about 45 minutes or more. The longer they bake, the sweeter it gets.

(Alternate) Peel and cut up into chunks and bake in glass baking dish until done.

## **Roasted Red Bell Peppers**

Drain and eat in sandwiches or salads.

Red Pepper Spread

1 1/4 c raw almonds

1/2 tsp. ground cumin

1/2 tsp. salt

1 garlic clove, minced

2 tsp. lemon juice

12 oz. jar roasted red peppers, drain and reserve liquid

In a food processor, pulse almonds, cumin and salt until almonds are finely ground.

Add peppers, garlic and lemon juice. Whirl until smooth.

Taste for seasoning. Add a little red pepper liquid if you like a softer spread.

~ NEWSTARTclub.com





And if the “bug” has started to get you there is always:

### **Rocket Fuel**

2 lemons, squeeze juice  
2” fresh ginger or 1 Tb powder  
¼ onion  
6-10 garlic cloves  
1 pinch cayenne pepper  
honey to taste  
water to make 1 quart

Blend well and strain. Drink over the course of a day.

